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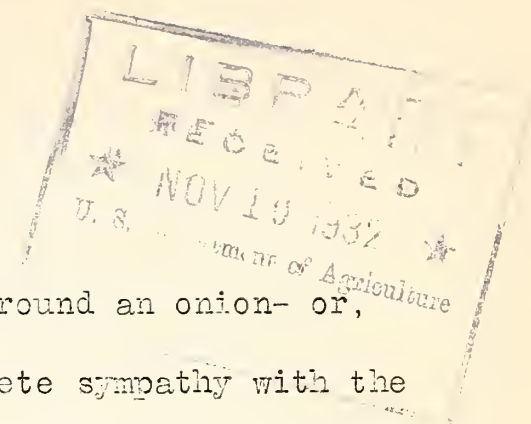
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## ONIONS ARE PLENTIFUL

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Did you ever read a love story that O. Henry built around an onion- or, rather- the lack of one? If you have, you will be in complete sympathy with the frequent assertion that no good cook can get along without onions for seasoning-- whether it be a stew, as in O. Henry's story, or a soup, or a hash, or a salad-- to say nothing of onions as a vegetable by themselves. In fact, onions may appear on the table in every conceivable dish except dessert.

Historically, onions are one of our most interesting vegetables. They were widely used in ancient Palestine, and in the Orient generally. The Bible says the Israelites in the wilderness complained to Moses of the lack of onions. The laborers on the Great Pyramid of Egypt are said to have eaten 1600 talents' worth of onions and garlic, or about 3 million dollars' worth. And did you know that the onion is own cousin to the beautiful Easter lily?

If you think you don't like onions, perhaps you have never met them under auspicious circumstances. Stuffed and baked, for example, or French fried, or fried with apples; or scalloped with peanuts, or in onion soup. Other good onion dishes suggested by the Bureau of Home Economics of the U. S. Department of Agriculture are onions baked in tomato sauce; liver and onions; hamburger steak on onion rings; young onions on toast; creamed onions, and plain buttered boiled onions. Two of these recipes appear below. Even the people who do not usually like onions may like a hint or "suspicion" of the flavor in various dishes. Often they like the dish without knowing the onion is there. Try rubbing a cut onion around the dish in which you mix your salad dressing--no more than that. See how many at the table will praise your exceptionally good salad!

But the people who do like onions have the advantage of enjoying an additional kind of raw vegetable in salads and sandwiches, which contributes variety



in balancing their diet. Nutritionists have found that onions have a considerable mineral and vitamin value. This is especially true of raw onions, for vitamins B and C in the uncooked onion are partly destroyed by cooking.

It happens that there is a large crop of onions this year, and onions are consequently inexpensive. We can use them in place of more costly vegetables of similar food value--cabbage, tomatoes, carrots, beets, squash, and others of the least starchy foods. They are not as rich in vitamins as cabbage or tomatoes or carrots, or greens of any kind, but if eaten in sufficient quantity they go far toward balancing the bread and potatoes or rice or macaroni of the rest of the meal. Use the large white Spanish or Bermuda onion for cooking; the brown-skinned, smaller onion, for seasoning; and for pickling, the small white bulb. And when you use onion for seasoning, use it sparingly until you find out how well it is liked. In milk soups, hashes, stews, and other mixtures, best results are obtained by mincing the onion and cooking it a few minutes in butter or other fat before combining it with the other ingredients.

#### Scalloped Onions and Peanuts

6 medium sized onions	1 tablespoon flour
1 cup peanuts, ground	1 cup milk
1 tablespoon melted butter	1/2 teaspoon salt
or other fat	1 cup buttered crumbs

Skin the onions, cook in boiling salted water until tender, drain, and slice. Make a sauce of the fat, flour, milk, and salt. In a greased baking dish place a layer of the onions, cover with the peanuts and sauce, and continue until all are used. Cover the top with buttered crumbs and bake in a moderate oven for about 20 minutes, or until the crumbs are golden brown. Serve from the baking dish.

#### Baked Onions in Tomato Sauce

6 medium-sized onions	2 tablespoons flour
1 quart canned tomatoes	2 tablespoons melted butter
1 bay leaf	or other fat
1/4 teaspoon celery seed	2 teaspoons salt
2 cloves	Dash of pepper

Skin the onions, cut in half, simmer in lightly salted water for 10 minutes, drain, and put in a large baking dish. Cook the tomatoes with the bay leaf, celery seed, and cloves for 10 minutes, and strain. Blend the flour and melted fat, add to the tomato juice with the salt and pepper, and mix well. Pour over the onions, cover and cook until the onions are tender, about 1 hour. Serve from the baking dish.

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